



The
Fleet & Family Support
Center

Meeting Your Needs At Home And Abroad



THE BEACON

MAY 2005

Monday	Tuesday	Wednesday	Thursday	Friday
2 FFSC WILL BE CLOSED FROM NOON-5PM FOR IN HOUSE TRAINING	3 1-2-3-4 Parents (1 of 3) 6-8 pm	4 Anger Management (13-14) 2-3 pm	5 Home Selling Seminar 9 am-noon Credit Management 1-2 pm Playgroup @ CDC Playground 11:30 am-12:30 pm	6
9 VA Representative 8 am-3 pm Resume Writing 9:30-11 am	10 Take a Great Car Trip 11 am-noon 1-2-3-4 Parents (2 of 3) 6-8 pm	11 Anger Management (14-14) 2-3 pm	12 VA Representative 8-11:30 am Playgroup @ CDC Playground 11:30 am-12:30 pm	13
TRANSITION ASSISTANCE PROGRAM (TAP) May 9-12 from 8 a.m.-4				
16	17 Humor, Risk & Change 3-5 pm 1-2-3-4 Parents (3 of 3) 6-8 pm Developing Your Spending Plan	18 Welcome To Pax 5:30-8:30 pm Identity Theft 9:30-10:30 am & 1-2 pm Base Theater	19 Thrift Savings Plan (TSP) 9-10 am Playgroup @ CDC Playground 11:30 am-12:30 pm	20
23 VA Representative 8 am- 3 pm	24 Kids on the Move 3:30-5 pm Amazing Newborns 10 am-noon	25 Budgeting for Baby 10 am-noon	26 Career Development Day 8 am-4 pm Playgroup @ CDC Playground 11:30 am-12:30 pm	27
30	31			

Reservations are Necessary! (301) 342-4911

THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.

If interested please give us a call.

NAS Patuxent River, Maryland

<http://ndw.navy.mil/ffsc>

BENEFITS AND ENTITLEMENT PROGRAMS

VA Representative

May 9 & 23, 8 a.m.-3 p.m. & May 12, 8-11:30 a.m.

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. Assistance is provided for transitioning service members, veterans, and family members. *Open to all veterans, by appointment only.* Please call 301-342-4911 to schedule an appointment.

CAREER DEVELOPMENT

Resume Writing

May 9, 9:30 a.m.-11 a.m.

This program offers many different trends and techniques to assist you in writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited. Reservations required.

Career Development Day

May 26, 8 a.m.-4 p.m.

Looking for a new job or career change? This day was designed for you! Learn everything you need to know about the job search process. Presenters will cover resume writing, cover letters, thank you notes, how to dress, how to evaluate all employer benefit package items, and how to get the best results from your interview. To conclude the day, there will be a panel of employer's to give you an edge on employment opportunities in our area.

FINANCIAL MANAGEMENT PROGRAMS

Credit Management

May 5, 1 p.m.-2 p.m.

This workshop offers information designed to help develop knowledge and skills that will enable the participant to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

Developing Your Spending Plan

May 17, 11:30 a.m.-12:30 p.m.

This workshop offers knowledge and skills that will enable the participant to establish a personal spending plan that can be adapted to suit individual unique circumstances.

Thrift Savings Plan Brief (TSP)

May 19, 9-10 a.m.

Uniformed services personnel are now eligible to join the Thrift Savings Plan (TSP). Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in the TSP.

PROGRAMS FOR PARENTS & CAREGIVERS

1-2-3-4 Parents (Sessions 1,2,3 of 3)

May 3, 10, & 17, 6-8 p.m.

A three-session program designed to meet the special challenges of parenting children in the one- to four-year-old age groups. The program focuses on the following: developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

Amazing Newborns

May 24, 10 a.m.-noon

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby. Discuss feeding, health care, and safety issues. Participants will receive a complimentary videotape, "The First Years Last Forever" and audiotape, "Heartbeat Lullabies."

Budgeting for Baby**May 25, 10 a.m.-noon**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

Playgroup @ Child Development Center Playground**May 5, 12, 19, & 26, 11:30 a.m.-12:30 p.m.**

Moms, dads, and caregivers are invited to bring their children for playtime at the CDC Playground..

PERSONAL GROWTH PROGRAMS**Anger Management (Sessions 13, 14 of 14)****May 4 & 11 2-3 p.m.**

Join this workshop if you would like a better understanding of anger and how to control it. The emphasis will be on recognizing sources of anger and modifying behavior.

Identity Theft**May 18, 9:30-10:30 a.m. & 1-2 p.m.**

What is identity theft? How does someone steal your identity? Is it important, should I care? In calendar year 2003, the Consumer Sentinel (the complaint database developed and maintained by the Federal Trade Commission) received over half a million-consumer fraud and identity theft complaints. You could be a victim and not even know it. Identity theft could devastate a family financially. Learn the facts from someone who has lived through the ordeal. Facilitator is CDR. F. Mellott.

RELOCATION PROGRAMS**Home Selling Seminar****May 5, 9 a.m.-noon**

Are you getting ready to sell your house? Learn from the experts! Tried and true success techniques will be shared from pricing and preparing your home to working with an agent or selling on your own.

Let's Take A Great Car Trip**11 a.m.-noon**

This workshop offers great planning techniques, entertaining activities, and really great handouts to make your travel time fun for everyone.

Humor, Risk & Change**May 17, 3-5 p.m.**

An entertaining and motivating program that will help you gain a positive attitude and flexibility in dealing with change.

Kids on the Move**May 24, 3:30 p.m.-5 p.m.**

Helping children cope with a move is a high priority for parents. This workshop will help parents help their kids survive the impact of changing places, saying goodbye, and adjusting to new people and situations.

Welcome to Pax**May 18, 5:30-8:30 p.m.**

A class jam-packed with information about the base and surrounding communities is offered the 3rd Wednesday of every month. Included in the program is a behind-the-scenes tour of NAS, terrific handouts, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided. This will be the best three hours you will invest while at Patuxent River.

Fleet and Family Support Center

NAVAL AIR STATION
21993 Bundy Road, Unit 2090
Patuxent River, MD 20670-1132

PRSRT STD

Postage & Fees

P A I D

USN Permit No. 22

Mailing
Address
Goes
Here



- *All classes/seminars are held at the FFSC unless otherwise noted.*
- *Workshops and seminars* are open to active duty and retired military personnel and their family members. The facilitators are from professional organizations and are not permitted to solicit or promote their business.
- *Sexual Assault Victim Intervention (SAVI) Program Coordinator* is available for General Audience Training, Supervisor's Training, and Commander's Training.
- *General Military Training* - The FFSC will bring seminars and workshops to your command. Call the FFSC at 301-342-4911 for more information.